



## Exercise Journal

## Exercise: Choosing your activity

Regular exercise is important for everyone, but it is especially so if you have diabetes. Regular exercise helps control the amount of sugar in the blood and increases levels of HDL (good) cholesterol. It also burns excess calories and fat to help you achieve optimal weight.

However, exercise doesn't necessarily mean spending hours at the gym or running for miles. It can mean many kinds of physical activity. Choose an activity that you enjoy, or try a new activity!

### Activities may include:

- Walking around the block
- Dancing
- Taking the stairs instead of the elevator
- Bowling
- Mowing the lawn
- Biking to work
- Gardening and pulling weeds
- Vacuuming
- Parking the car farther away from your destination and walking
- Swimming a few laps
- Washing your car

Do some physical activity each day. If you haven't been very active lately, talk to your health care provider before beginning, and begin slowly. Start with 5 to 10 minutes and then add more time, or exercise for 10 minutes, 3 times a day.

It is important to work with your health care provider to create an exercise program that is right for you.



# Exercise Journal

Date	Exercise	Duration	Heart Rate or Intensity

Notes (goals, mood, etc):

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